

" Success is the sum of small effort's repeated day in and day out

> Robert Collier



"Welcome the challenges. Look for the opportunities in every situation to learn and grow in grow in wisdom"

> Brian Tracy

SPRINGDALES SCHOOL

For more details, visit www.springdales.org



FROM THE DIRECTOR'S DESK

OF DOOMS AND BOOMS

As the dark clouds of the winter recede, finally the blue depths of the vast sky over us bring clarity to a fuzzy year. The air is lighter and carries a promise of sweetness once again. It's that time of the year when it makes a companion of the sun and delights those it greets. The vast variety of insects (whose names are lost on most of us) are all prepared to venture over the friendly grass while the blooms get ready to show their true colors.

Just as nature prepares hopefully for another spring, it seems that the the fruits of human hardships are now ready to be harvested. Its been a challenging year for all and finally there is a slight belief that humans probably have won the war against its invisible enemy - Corona. The past year will not be forgotten by present or future generations and it will continue to remind us of the frailty of existence. That no matter how much we know, there would always be unknowns, that life constantly evolves. However, the silver lining in this dark cloud was that it was yet again proved that we humans have resolve. No matter how tough a challenge is, if we work together with a good intent, we are capable of miracles. But do note, a collective good intent is the special ingredient here.

In the arena of education, National Educational Policy (NEP 2020) was launched last year with new aspirations. The policy attempts to bring a paradigm shift in teaching and learning. Indians are now expected to transition from merely being vessels of text book information to creators. All transactions in the school, be it classroom teaching or examinations, will be focused on enabling and testing conceptual learning. Students will be engaged in thinking critically, communicating their own thoughts(not textbook essays) and finding solutions to real world problems(not just problems in guide books). Learning in schools will not be limited to memorizing material to pass examinations but to picking up skills for life. Skills and a trained mind, which our upcoming generation will use to solve global problems like Corona and create their own miracles.

At our end, Springdales is preparing for a new session. There will be exciting things to do and learn next year. More importantly there will be exciting ways to do and learn those things. The curriculum is being planned to incorporate suggestions from NEP and our own insights over the years. The attempt will be to nurture, excite, engage and challenge the young ones. As educators, students or even as parents, we should ensure that we understand the changes and do justice to its implementation.

With these changes in the session to come, there is a hope that Springers will create their own little miracle which, lest we forget, needs that special ingredient - a collective good intent.

Mr.Gaurav Malhotra (Director)

PRINCIPAL'S LETTER

To those who see with loving eyes, life is beautiful To those who speak with tender voices, life is peaceful To those who help with gentle hands, life is full And to those who care with compassionate hearts, life is good beyond all measures!

Welcome back! I know this is not ideal, nor is it what we hoped for to start the opening of the 2021 school year, but the important thing is that we are all coming back, happy, healthy and ready to see this as a new beginning. Springdales is here for you and we are doing all we can to make the beginning of the school year as special as possible. We have been working non-stop trying to keep up with the changing tides to make sure you have the best beginning that is possible right now.

I am privileged to work with an outstanding team to make it a smooth transition for our students during this uncertain time. Springdales

School is such a special place to learn and grow. We have high expectations for each and every student. Our students are kind, compassionate, and inquisitive. Together with our dedicated team, we strive to make connections with students to help them feel valued, accepted, and safe. Our adage of "Forward Thinking, Fostering Passions, Developing Responsible Citizens, and Preparing for Tomorrow's Opportunities" will continue to guide our mission to provide a rigorous and joyful school environment. Whether we are learning in person or remotely at home, our goal is to encourage active student engagement to foster a lifetime love for learning.

I want to extend my sincere thanks to the Editorial team for the support to make the third Issue of the magazine stand out.

Ms.Pratiba Sopori (Officiating Principal)

MENTOR SPEAK

New Trends in Education

Anything that is stagnant rusts, we all know this. Similarly, in the Education Sector as well if we prolong the same practices, thoughts etc everything will become redundant. So, we need to have a progressive mindset and keep generating changes that time demands.

The present day education that the schools are imparting has to be necessarily skill based. The focus has to be on providing the students with a basket of skills necessary for survival and sustenance. Every individual needs to be ready to handle the situations, find solutions to problems, critically think and introspect. Another major change is that the modern day education is becoming technology driven.

According to futurist Thomas Frey, in fourteen years students will most probably learn from robot teachers over the internet. 'Nobody has quite cracked the code for the future of education', Frey contends.

The future of education is going to be bombarded with the enhanced version of today's massive open online courses which we can access and enroll for while sitting at our home. Artificial Intelligence will have the same trajectory in the education space. As Educationists, we need to stress on technology and it's related components. We need to stress on computational thinking. In fact I am amazed at the rapid advances in technology. To keep pace, we all have to keep ourselves abreast with the skill set and more important is to pass these skills to the next generation under our care, in a structured manner.

In future, I can clearly see students walking to school with just an I-pad that will open a plethora in front of them. Carrying heavy bags, will soon be a thing of the past. We all need to gear up for the globalized processes, where there is tendency to search for immediate results. There is a need to revamp our systems and ring in the new methodologies, so as to prepare not only our students but ourselves as well for this futuristic trend in education.

Ms.Roopali Rajput

EDITORIAL

THINK ABOUT IT

" To thine own self be true and it must follow as the night the day thou canst not then be false to any man. " - William Shakespeare

" Every new experience brings its own maturity and a greater clarity of vision. " Indira Gandhi

Even trying to summarise the last five years, I've spent in this School would be exercise in vain. This School has nurtured me, trained me and instilled in me the confidence to face the outside world.

I believe that school time is the best time to enjoy and learn and here I got a beautiful blend of both. I will always remember the debate and declamation competitions as it helps to build my confidence .I came close to nature through different science projects and the Plantation Drive fascinated me with a new hobby of gardening.

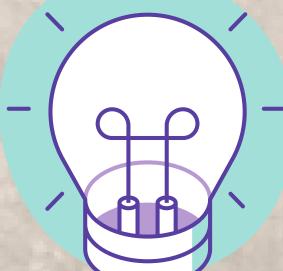
Being a school prefect or a house captain is not just about a designation, it brings responsibilities to you to be disciplined, punctual and hard working. I realised these responsibilities and did my best for it. I implemented these habits in my personal life also.

Studies is the most important part of life but alone is not sufficient for a child's development. Co-curricular activities plays a prominent role in a child's growth. This magazine has been an integral part of my experience. While selecting the articles for the magazine I come across the different life experiences of the students and understood the importance of leadership, teamwork and cooperation. But the most important lesson I got is-"Your inner potential cannot develop without your willingness and conscious participation. "

This time, I urge each one of you to question; and further, to explore in order to find the answers. I implore all of you to read more and more. Do not limit yourself to texts and assigned reading but let your mind wander into what ever intrigues it. Just as we must feed ourselves in order to survive, we must also feed our curiosity so as to keep it alive and ever growing. I present to you this third issue of The Springer and I hope that this will provide some food for your hungry minds. I have tried to incorporate, within these twenty pages, a little something from every different sphere of life. From communication skills to New Inventions, Sparrows Extinction to life of a You tuber etc, the Editorial Board has worked fervently to put together an assortment of articles.

Stay inspired. Stay fascinated.

Gayatri Sambyal Class 10th



SPRINGER UPDATE

ACHIEVEMENTS

Little teen poets of Springdales took part in Teenage Tunes Open Mic Session no.28,organised by Blub World on 29th January, 2021. Abdul and Samragyi of class 6th, Aaina of class 7th and Janvi of class 9th exhibited their poetry recitation and creativity skills as they recited their "self composed poems" at the event.



Aaina Ratra from Grade 7th, participated in the Republic Day function held at M. A. Stadium wherein she performed a group dance with enthusiasm and fervor. She was also felicitated with a medal and a certificate for her performance by Mrs. Anuradha Gupta, Director of School Education,

Jammu.



Janvi Thakur of class 9th participated in Heritage Quiz organised by CBSE and appreciated with E-certificate The students from class 6th to 9th participated in various events of International Adolescent Summit such as poster making, Indian classical dance,Workshops, Nukkad Natak and making short films along with Yuva Sansad and won E-certifictes. It was an eclectic platform wherein students from schools across the country and abroad interacted with each other to promote creativity and awareness in health, wellbeing, friendship and peace, amongst the various cultural backdrops of the nation.

INTER/INTRA CLASS COMPETITIONS

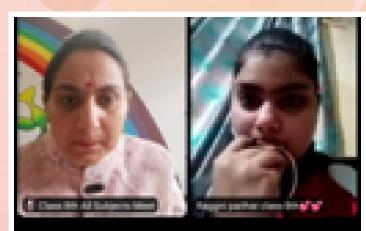








- A Virtual Painting Competition was organised to enthuse patriotism among the students on 25th January wherein the Springers tried their hands on the canvas and painted/Designed beautiful pieces reflecting patriotic fervor and Social Awareness.
- A Group Discussion activity was organized on the topic 'Future we want' in which the students of class 6th to 9th exhibited their captivating skills of public speaking.











- Blooming Buds of the kindergarten section made creative Photo frames and butterflies as a part of Republic Day Activity reflecting patriotic fervor.
- The School conducted a **STEAM Quiz** for the students of class 6th to 9th to comprehend their knowledge in different subjects.
- Recognizing the colours and identifying the colour names is an important part of a child's development. Keeping this in view a **Blue Day Activity** was organized for the blooming buds of Kindergarten wherein they creatively designed Helicopters, Yatch and beach.



 72nd Republic Day was celebrated in all its somberness and splendor at Springdales School, Barnai, Jammu. Bejeweled in the colours of "Tiranga", the campus resonated with Patriotic zeal and zest. The Officiating Principal Ms. Pratibha Sopori, hoisted the National Flag followed by National Anthem with instruments being played in the background as the Indian tricolor flag unfurled and fluttered in the free feisty breeze.

Nisha Chib Class 10th



LITERATI BYTES

Good Things

0-

I once heard an old man say, Shaping vases out of clay, Into subtle form sublime Listen son Good things take time.

All my life I have thought of this, When a task was lacking bliss, When the work seemed awfully tough. And I thought I would had enough.

So I would give a little more To what sometimes seemed a chore, And you know without a doubt,

GOOD things always came about.

Samragyi Class-6th.



My Super Mom

When I was little And my body was brittle

I could not do anything



There was my mom for everything

She bathed me & fed me food And she always enlightens my mood

She was always there for me Whenever I was feeling gloomy

She is my confidant My one and only constant

I adore you the most mom You are my calm

You have so my avatar Because Super mom is what you are !!

Aniket Class-5th

Life is A Game

Life is a game ,a difficult game Main motive of everyone is to earn Money and fame.

This is the difficult one-the most difficult one, To attain success everyone prefers to run.

Getting success is a Herculean task Because barriers, obstacles act as a cutting knife. We often want to compete and occupy the success seat, To do it we switch to cheat.

People imprudent and unwise Follow easy ways They must strive, twice, thrice Till success with them stays!

Aarav Mahajan Class-8th





I am an Indian I love my country I enjoy all the festivals I love the dresses of all the countries I love my state and my society.

I will not pollute my surroundings I will be a responsible citizen I will use my vote when I will be 18 I will make my nation stronger I am a son of this great Soil I will make my Country Proud.



Nation

Abdul Class-6th

Life is.....

An opportunity a beauty to admire a dream to realize a challenge to meet a duty to complete a game to play a promise to fulfill sorrow to overcome a melodious song to sing.

Sahas Nayyar Class-6th



धनुष से जो छूटता है बाण कब पथ में ठहरता देखते ही देखते वह लक्ष्य का ही बेघ करता लक्ष्य-प्रेरित बाण हैं हम, ठहरने का काम कैसा ? लक्ष्य तक पहुँचे बिना, पथ में पथिक विश्राम कैसा ? नमस्कार पाठकों ! आपने पत्रिका को पढ़ा और उन्मुक्त हृदय से इसकी प्रशंसा भी की । इसी से बल पाकर हम इसका तीसरा अंक प्रकाशित करने जा रहे हैं । यह पत्रिका एक प्रयास है बच्चों की क्षमताओं, योग्यताओं को उभारने का । उनके अंदरछिपे मौलिक गुणों को बाहर निकाल कर सब तक पहुँचाने का । उनकी उन्मुक्तता का, उनके विकास का, उनके एकांत क्षणों की नवीनता का, आंतरिक एहसास का, उनके बाल-मन के विश्वास, आशा और अनुराग का । समूहिक रूप से कहें तो उनके जीवंत पलों का चित्रण है । कुछ बच्चों की वाचन कौशल सशक्त होती है तो कुछ की श्रवण कौशल । साथ ही कुछ की लेखन कौशल दमदार होती है । इन्हीं लेखों, कविताओं, रचनाओं के माध्यम से उनकी सोच अभिव्यक्ति पाती है । पता नहीं, कब, किस रूप में उनका कौन-सा रंग उभरकर हमारे सामने आ जाए एवं हमें विस्मित कर दे । इन्हीं में से आगे चलकर कोई लेखक, कोई कवि, कोई चिंतक तो कोई युग प्रवर्तक 'संस्कार' बन जाए । आशा ही नहीं अपितु मुझे पूरा विश्वास है कि 'पत्रिका' का द्वितीय अंक भी आपको उतना ही पसंद आएगा जितना कि पहला । आपका सुझाव हमेशा शिरोधार्य है । हम आपको विश्वास दिलाते हैं कि इसका प्रत्येक अंक अपने में नवीनता, श्रेष्ठता, विभिन्नता एवं सुधार के साथ आपके समक्ष उपस्थित होगा ।

- सुषमा (हिंदी अध्यापिका)

आओ पेड़ लगाएँ

आओ पेड़ लगाएँ ताकि धरती पर फैले हरियाली, तापमान हो कम और हर तरफ रहे खुशहाली **।**

ठंडा होगा जब घर आँगन तभी बचेंगे मोर-बटेर, अगर कम कटेंगे जंगल तो बचे रहेंगे हाथी, भालू और शेर । तापमान जो बढ़ता गया तो जीना हो जाएगा भारी, धरती बन जाएगी आग का गोला और हर तरफ फैल जाएगी बीमारी ।

अभी समय है अभी न करो देर, सोचो विचारो जरा-पेड़ होंगे तभी तोखाओगे मीठे–मीठे बेर।

> सृष्टि कक्षा– पाँचवी



हिंदी भाषा भारत की मातृभाषा है । 14 सितंबर 1949 को हिंदी भाषा को भारत की राजभाषा घोषित कर दिया गया था । लेकिन कभी हिंदी को इतना महत्त्व नहीं मिला जितना मिलना चाहिए । भारत में जितना महत्त्व अंग्रेज़ी भाषा को दिया जाता है उतना हिंदी को नहीं । आजकल हिंदी भाषा बोलने वालों की कमी होती जा रही है उसका कारण अंग्रेज़ी भाषा की बढ़ती लोकप्रियता है । कुछ लोग ऐसे भी हैं जो हिंदी बोलना जानते तो हैं परंतु अपनी वाह-वाह पाने के लिए अंग्रेज़ी में बोल्न पसंद करते हैं । कुछ लोग यह भी समझते हैं कि हिंदी बोलने से लोग उन्हें हीन समझेंगे और अंग्रेज़ी बोलने से पढ़ा-लिखा । आज भारत में हिंदी पुस्तकों कि तुलना में अंग्रेज़ी कि पुस्तकें अधिक बिकती है । निजी और सरकारी कार्यालयों में भी अंग्रेज़ी के अखबार को पढ़ते हुए ज़्यादा देखा जाता है । यह माना कि आज भारत विकसित देशों के साथ कारोबार कर रहा है और देश के विकास के लिए अंग्रेज़ी भाषा ज़रूरी है परंतु हमें हिंदी को भी बराबर का सम्मान देना चाहिए । हिंदी भाषा है हमारी अपनी बात लो तुम यह जान, इसको अपनानेमें न करो शर्म यही है हमारी पहचान, दूसरी भाषाओं को अपनाओ पर अपनी हिंदी का भी करो बराबर का सम्मान ।







भारतीय संस्कृति अरण्य प्रधान रही है । हमारे ऋषि-मुनियों ने पेड़ों के नीचे बैठकर तपस्या की और कईं ग्रंथों की रचना भी की । वृक्ष धरती का श्रंगार है । ये लोक कल्याण हेतु भगवान भोलेनाथ की तरह कार्बन-डाइऑक्साइड रूपी ज़हर को पीकर हमें अमृत समान ऑक्सीजन प्रदान करते हैं । वृक्षों से चारों ओर की सुंदरता मानव मन को भी सुख प्रदान करती है । केवल एक सदी पहले हमारा पर्यावरण बिल्कुल स्वच्छ था, चारों ओर हरियाली ही हरियाली थी, वायु भी साफ़ थी, मौसम भी शांत और बहुत ही सुहावना था लेकिन अब तो चारों ओर प्रदूषण ही प्रदूषण है । आज मनुष्य अपने फ़ायदे के लिए वृक्षों को लगातार काटता जा रहा है । परंतु ज़रा विचार कीजिए उस दिन के बारे में जब हमें मुफ़्त में मिलने वाली ऑक्सीजन नहीं मिलेगी और छोटे-छोटे स्कूल के बच्चे अपने कंधे पर स्कूल बैग नहीं ऑक्सीजन गैस सिलेंडर टाँगकर स्कूल जाया करेंगे । सिर्फ़ सोचने से कुछ नहीं होगा, जरूरत है ठोस कदम उठाने की, पर्यावरण को बचाने की । स्मोक फ्री और प्लास्टिक फ्री जैसे शब्दों से वातावरण साफ़ नहीं होगा । अगर स्वस्थ और खुश रहना है तो पर्यावरण को प्रदूषण मुक्त रखने की पहल करनी होगी । यह काम एक अकेला इनसान का नहीं है । सबको ही मिलकर अधिक से अधिक पेड़ लगाने होंगे । अगर हम लोग अपने जन्मदिन पर हर साल एक वृक्ष लगाने का संकल्प लें तो भी पेड़ों की संख्या कमी नहीं होगी

समृति कक्षा- नवमी



THROUGH THE WORMHOLE

TEENAGE TROUBLE

How many times have you been reprimanded for not behaving in a socially acceptable manner? How often do you end up taking rash decisions that you definitely regret later? Do you ever feel overjoyed one minute and ready to murder everybody around you the next?

Since this is a school magazine mostly read and written by adolescents, I am going to take the liberty to say for a large percentage of us that this has become the order of the day. One of the brain regions that changes most dramatically and drastically during the years of adolescence is the pre-frontal cortex. This is a very interesting area of our brain as it is the largest in human beings and is the least developed in pre-adolescents. It deals with a whole lot of cognitive functions such as decision making, planning, understanding our environment and others, self -awareness, and even inhibiting inappropriate social behavior.

Sometimes our adults may think that their teenage children are being stubborn as they refuse to look at a particular situation from the parents' perspective. However, it is actually due to the fact that their pre-frontal cortex may have not developed fully and that their brains cannot accommodate or even comprehend another person's point of view!

It is common knowledge that, unlike adults, teenagers have a tendency to take risks or make dangerous decisions. The limbic system, deep inside our brain, involved in emotion processing and reward processing is more sensitive to the feeling of risktaking in adolescents as compared to adults.

Taking a risk gives one a kick and makes the teenager feel more independent. Globally, teenagers have been stereotyped and even demonized for their "typical teenage behaviour" for being moody, self-conscious, self-absorbed and taking risks. However, owing to science, we now know that all these changes actually reflect an excellent opportunity for learning and developing social skills, as the brain is particularly impressionable at this stage. Therefore, teenage characteristics of impulsive behavior, rash decisions and isolation should not be stigmatized. Instead, we need to understand what a trying time adolescence is and provide teenagers with the secure and healthy environment that they require.

- Harsh Class 8th

COMMUNICATION... WHY??

"Communication works for those who work at it." - John Powell

In today's cosmopolitan world, interaction and sharing or ideas, beliefs, views, etc are really pivotal. Communication is the key to success and it is indeed true. A person's ability can't be tested merely by his academic credentials or achievements but with how he effectively put forth his ideas and how proficient he is while expressing himself. Communication can be regarded as a science and art as well. A person who is unable to enunciate his thoughts may be left lonesome and isolated. A good communicator can achieve his desired goals and success in life. But, why one is needed to acquire this skill? Why it is the most important? Everybody wants to achieve success and that's possible if you have that determination, confidence and will power. Here comes the role of this 'most important skill ' i.e. Communication.

ONENESS

Keeping oneself in a confined zone and never trying to come out of that self-made cocoon can prove to be fatal. Growing competition means one has to be at par excellence in order to attain what you wish for. Being a good reader, listener and speaker is now a must!! Don't you feel relaxed when you finally tell your best friend

about the most exciting thing happened in a particular day? Or isn't it amazing to go out, meet new people, learn new things and tell everyone about that? Well trust me, it is! Communication isn't restricted to presenting yourself as a speaker, but writing is yet another tool or in simple words, a way to exhibit what you wish to. I always thought how fascinating are those poets and authors who had expressed themselves so beautifully and melodiously. Choice of words while communicating will not only enhance one's vocabulary but also make a person stand out. Positive attitude, a great level of confidence, collaborative efforts in solving problems with others are such things that can be achievable with effective communication. Being able to communicate effectively is perhaps the most important of all life skills.

Mehak Magotra Class 10th



NATURE'S DIARY

Why sparrows have become extinct?

We all at some point of time would have heard that chirping sound of birds during early morning wakeups as like they give you a natural alarm that the day is about to get start so be prepare for it and during evenings when our physical game slowly comes to end they again come back and knock you to do pack up and get back to home like they do the same .

Now it has been completely wiped out in this living and racing world, reason being we have abandoned them from their homes to build our desires and preferences without actually giving the thought or taking opinions from environmental experts.

The most critical problem certainly is due to intentional interference of some humans as they think that these speechless creatures neither have the heart to beat nor love or affections to feel and share , rather they are been treated just like an obstacle object into the way. The major concern is we don't even find this to be a primary task not even by at least paying respect towards mother nature who gave everything that we needed, without any selfless expectations in return.

Main reasons of disappearance :-

> Mobile radiation – Scientists have proved that birds navigate by sensing the earth's magnetic field and the radiations emitted by the cell phone towers in the form of high-level frequency disrupt the tendency to commute in search of their suitable living habitat.

> Lesser small place in the outskirts of house and wall holes to live as such has already been occupied by big birds like pigeons and crows etc.

> Usage of pesticides causes an adverse effect on the health of birds, it includes a reduction in the amount of food consumption (insects, grains and some herbs) and due to this, it results in loss of weight, higher mortality, and hatchability of eggs.

> Glass walls and high-class modern Infrastructures have occupied most of places on this land and only a few portions have been left which is available in bird sanctuary parks but that is also surrounded by iron cage and barricades.

> Trees have been replaced by National Highways, Metros pillars and Commuting bridges which has bound this species to shelter across our home roofs in little space and hope for the need for survival.

We have to save our today to preserve our tomorrow else we humans will also be replaced bysome other species too, having said that this small creature has taught many simple things to associate self with the nature and environment as like they are also the part of this and share the same oxygen and resources as we do.

They are dependent on us like we rely on nature directly or indirectly. Otherwise, one day these creature will only be found in Museums, Portrait Images, Library Books, Wikipedia and Notification Sounds in our smartphones.

Mayank Salaria --Class 9th



SENSE AND SENSIBILITY

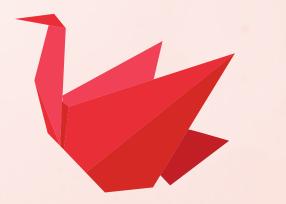
MUSIC REVIEW...

I came across Sufjan Stevens the same way I came across many many great artists...by accident on Spotify. Spotify made me this amazing playlist featuring some of my favourite melan-cholic songs from BonIver, Kodaline, Radiohead, Beach House(even Prateek Kuhad!).

When I listen to thes songs, they produce waves of nostalgia. The lyrics are something many teenagers resonate with. Songs about love, friendship, coming of age, spite, and heartbreak. The lyrics of these songs are interpreted in different ways and incorporated into our own experiences and lives. They are words that make you think about that "special someone", words you sometimes want to say but can't. "Mystery of Love" by Sufjan Stevens was in the playlist. From the first second, I loved it. It starts off with the gentle plucking of his guitar and his soft, placid murmuring. Stevens' lyrics are so vivid that it's easy to imagine them inside one's head. "Mystery of Love" is still indeed magical, revolving around the most mysterious thing in the world. "I fell in love with his gentle, calming voice, and the stories he told. My favourite album is definitely "Carrie and Low-ell", which has been declared one of the greatest albums of 2019. Yes, this is the album which put Stevens on the map. He always writes personally, weaving his life story into his music...

Below is a snip-pet of my favourite song by him. If my review wasn't enough to convince you of his poetic prowess, I'm sure these lyrics will. So if you're looking for something to help you acclimate you to this slower pace of life during lockdown, or simply need to set the mood while you ponder over the mysteries of teenage life in your balcony; go the Sufjan Stevens route, he's an underrated gym and he won't disappoint you. "Did you get enough love, my little dove Why do you cry? And I'm sorry I left, but it was for the best Though it never felt right My little Versailles" Sufjan Stevens - 4th of July

Tanish Mahajan Class 10th



LITTLE PICASSO'S



Gayatri Class 10th





By Bolas Roul

Palak Koul Class 5th

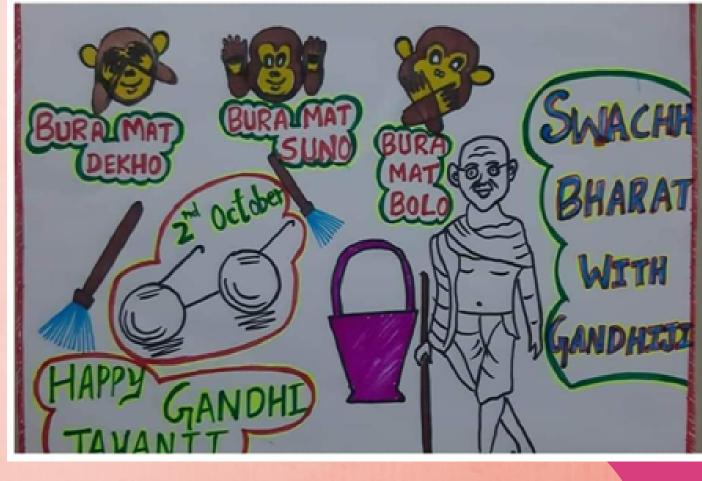


Simran Class 3rd A

Aadhya Sharma Class 3rd B



Samragyi Class 6th



Samriti Class 9th

DRIBBLE DABBLE

Sports not only builds better athlete but better people - Julie Foudy

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Sports and health are heavily connected. Coordination is a must in every sport so that the player can achieve his or her goals.

Today we find many people engaged in different fields. But the development in scope of sports is commendable. From an early childhood, I was fascinated with martial arts, especially Taekwondo.

Later, I realized that there exist many other stupendous forms of martial arts. In Springdales, I came across with this new form of martial art 'Thai-boxing'. It is the combined use of fists, elbows, knees and shin. I nostalgically reminisce my first 'Thai-boxing' competition. Initially I had been timid of thinking about my turn my fight; but the way our Sports coach encouraged all the students was admirable. It was a two-day event wherein students zestfully showcased their strength. When my turn came, I did my best and secured third position. It was a mesmerizing event where I learnt so much.

According to me participating with such a positive attitude and giving your best are the two assets of sportsmanship. "It is your response to winning and losing that makes you a winner or loser".

There should be one such hobby or skill you should opt along with studies that makes your life interesting.

- Abdul Class 6th

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THOSE LOONEY ONES

- One fine day, our English class was going on and our madam was letting students read the chapter one by one by calling out their names and making them stand in front of the class .I was one of the topper and mam favorite student .I was feeling hungry as it was the 4th period and also I didn't had breakfast thatday .But I had never eaten lunch during my class.
- Here it starts: My friends (boys)who were sitting just beside me offered me their lunch but me being a discipline student refused at first but after they insisted I couldn't resist myself of accepting that offer I straight away ate half of the parantha in one bite and just after 1 sec that teacher called my name I tried to take that half parantha inside and drank water .My face got red and my tears started to come out because I had too much food in my mouth and my mouth got stuck for a while . Everyone started laughing, I was still trying to bite That teacher made me stand in front of the class and all my image in front of that teacher went down. I never tried eating in the class ever again. I still laugh at this incident whenever someone reminds me of this.

One fine day I was sitting in my science class. I was in the 5th grade at that time. The teacher was teaching something related to reptiles. And then all of a sudden two girls sitting on the first bench told the teacher that there was a snake near their bench!!! The teacher was so scared that she shouted, left the book in her hand and ran out of the class!!!!! And there was a great deal of confusion and everyone was scared because the teacher herself ran away shouting. There was absolute chaos in the class. Everyone was standing on their benches, until a boy came forward to deal with the snake. And he picked it up and started laughing. Everyone was surprised but then he told that it was just an artificial green stalk of the flower used in the SUPW project, which moved a bit with the wind. Everyone was relieved and laughed heartily.



-Perdhum Parihar Class 6th

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SENSE AND SENSIBILITY: TANISH MAHAJAN DRIBBLE DABBLE: ABDUL THOSE LOONEY ONES: PERDHUM PARIHAR ILLUSTRATOR & GRAPHIC DESIGNER – Mr.ASHOK MAHAJAN

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